

## Instructions for Scabies Treatment



### Dear Parents and Patients

You or your child have been found to have an infestation of itch mites, for which your doctor has prescribed permethrin-biomo Creme. The medical term for such an infestation is scabies. You are probably worrying about how to get rid of these pests, which is why we have put together some information for you about scabies and how to use permethrin-biomo Creme correctly.

### What is scabies?

Scabies mites are only about 0.3 - 0.4 mm in size, and use their powerful jaws to burrow into the upper layer of human skin. In doing so, they tend to prefer certain areas of the body, such as the hands and feet, crooks of the elbows or pubic region. Intense itching will develop in the affected areas, especially at night when it is warm in bed. The irregular, often comma-shaped burrows are visible to the naked eye or can be seen with a magnifying glass. Inflammatory reactions and scratching of the itchy skin will result in the development of longitudinal nodules or even blisters, which will later become encrusted. If you or your child are affected by scabies, this is not generally due to a lack of personal hygiene. The parasites do not make any distinction between age, cleanliness or social class. Hygiene is very important, however, if the pests are to be eradicated in the long term. More information about this can be found below.

### How does scabies spread?

Scabies mites are passed from one person to another through close skin contact. The first signs of an infestation generally take 2-6 weeks to appear after contamination, or less in the event of recontamination. In communal areas, such as schools, nurseries, children's homes, retirement and nursing homes, cases of infestation are sometimes more common. This applies in particular if sleeping quarters are shared. Scabies is rarely transmitted through bedding, upholstery or wool blankets. The mites can survive outside the body for three to four days, but much longer in cold and humid climates.

### permethrin-biomo® Creme – copied from nature

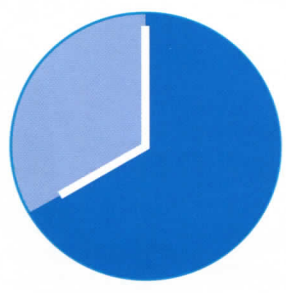
The active substance in permethrin-biomo Creme is permethrin, which has been developed from a natural substance found in the chrysanthemum flower. It effectively kills the mites but is well tolerated by humans.

**APPLY**



Apply the cream to the entire body, though you can exclude the head and face.

**ABSORB**



Leave the cream to take effect for at least eight hours, for example overnight.

**RINSE**



After leaving for eight hours, wash off the residual cream or rinse off under the shower.

## How to use permethrin-biomo® Creme 5%

- Apply the cream to the entire body, including around the neck, palms of the hands and soles of the feet.
- When applying the cream, take care not to miss the areas between the fingers and toes (not forgetting the fingernails and toenails), the wrists, crooks of the elbows, armpits, genitals and buttocks.
- The cream must be left on the skin for at least eight hours – overnight, for instance.
- After leaving on the skin for eight hours, you should rinse off the residue under the shower or wash the skin with soap and water. After washing off the cream, it is advisable to moisturise the skin with an ointment or oil bath, for instance. This will help to condition the affected, usually very dry areas of skin.
- As a rule, the cream only needs to be used once. If the condition persists, or you are re-infected with scabies, treatment can be repeated after about 14 days.
- After two and four weeks, you should have your skin examined by a doctor to check whether any burrows remain or any new ones have appeared.
- The itching usually lasts a few days to weeks, even if the mites are successfully eradicated by a single treatment. Your doctor can prescribe a suitable treatment to relieve the itching.
- Persons with whom you are in close contact should be examined thoroughly and likewise be treated if they are also suspected to have a scabies infestation. In certain cases it is wise for other individuals in the family or close community to be treated even if they have no visible signs of the itch mites. You should consult your doctor in such cases.

## What else can be done?

- Keep your fingernails trimmed and clean, since they offer the mites a place to hide and can cause damage in the event of intense itching.
- Change your clothing, bed linen and towels on a daily basis for a two-week period. Wash textiles at a minimum of 60°C to destroy the mites.
- Clothing that cannot be washed at 60°C and other items, such as cuddly toys and shoes, should be kept in sealed plastic bags for a few days.
- Use a vacuum cleaner to thoroughly clean rugs, carpets and upholstery. This will generally suffice to remove any stray mites from your home. Only if the infestation is severe and stubborn may the use of an agent to fumigate the home be advisable. This should be done professionally if necessary.

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**Deutscher Mittelstand**

